
To prevent and treat disease and disability; to promote healthy lifestyles; and to protect and promote the health and quality of our environment.

NEWS

Date:

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MAY ACTIVITIES WILL FOCUS ON ASTHMA AWARENESS

May has been designated National Asthma Awareness Month, and May 4 is World Asthma Day. These annual observances provide an opportunity to focus attention on the need to diagnose and treat asthma properly, and to educate the public about the disease.

According to the Global Initiative for Asthma (GINA), an estimated 300 million people worldwide now have asthma, and its prevalence is increasing. Asthma affects people from all ethnic groups, socioeconomic levels, and ages. It often develops during childhood and is a frequent cause of school absenteeism.

Locally, the Boise-based Central Idaho Asthma Coalition (CIAC) brings local partners together to promote asthma education in the community, and has planned a variety of Asthma awareness activities in May. These include the following:

Free Pulmonary Screenings

To help detect undiagnosed asthma, free pulmonary screenings will be offered at the Boise Fred Meyer store on Federal Way on May 11. Walk-ins are welcome.

Where: Fred Meyer Pharmacy, Federal Way

When: 9 a.m. – noon; and 2 – 5 p.m., May 11

Library Readings

CIAC (Central Idaho Asthma Coalition) will visit several libraries in May during story time hours in May and read from books about asthma, allergies and visiting the doctor. Fun hands-on items will also be used to engage the young child.

Schedule:

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|---------|-----------------------|--------------------|------------|
| May 5: | Ada Community Library | 10664 W Victory | 10:45 a.m. |
| May 12: | Star Library | 10706 Star Road | 10:30 a.m. |
| May 27: | Boise Public Library | 715 S Capitol Blvd | 11 a.m. |
| May 28 | Boise Public Library | 715 S Capitol Blvd | 10:30 a.m. |

ASTHMA
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Asthma has no cure but it's symptoms can be effectively treated. Symptoms of asthma include wheezing, coughing, and shortness of breath. GINA has developed a set of five positive steps that will help to reduce the burden of asthma:

- 1. Be aware of factors that make your asthma worse.**
- 2. Learn to recognize when your symptoms are getting worse.**
- 3. Take your medication as prescribed by your doctor.**
- 4. Know what to do in an asthma attack.**
- 5. Ask your doctor for a written personal asthma management plan.**

For more information call Jeanie Hoover at Central District Health Department, 327-8559.